



How do I register?

Phone 301-600-3357

OR

Fax Registration to
301-600-3298

OR

Mail registration form to
Frederick County Health Dept.
Substance Abuse Division
350 Montevue Lane
Frederick, MD 21702

ALL CLASSES ARE FREE



Guiding Good Choices

Five weekly sessions, two hours a session

Sessions held at the

Frederick County Health Department
350 Montevue Lane
Frederick, Maryland 21702

And at local schools

**For up-to-date scheduling information
please visit**

**the Substance Abuse Department
website at:**

www.frederickhealth.org/substanceabuse
or call 301-600-3357

Information:

- **All course materials and tuition are free.**
- Advanced registration is highly encouraged and early enrollment is advised to avoid premature cancellation of a course. Walk-in registrations will be accepted as space allows.
- You must attend four of the five sessions in order to receive a **Certificate of Completion**. It is the responsibility of the student to appear in class on the correct day and hour without additional notice.

*GGC programs are conducted in a tobacco-free environment.



Families That Care – Guiding Good Choices

A Parenting Program

Sponsored by Frederick County
Substance Abuse & Prevention
Services

Sponsored by Frederick County Substance Abuse & Prevention Services. Grant funding provided by Maryland Dept. of Health & Mental Hygiene, Alcohol & Drug Abuse Administration. The Frederick County Health Dept. does not discriminate in service or employment on the basis of handicapped status, race, color, national origin, religion, age, gender, or political affiliation. Services are confidential and are protected by state and federal laws.

7/25/07

What do the five Guiding Good Choices Workshops cover?

- **Getting Started: How to Prevent Drug Use in Your Family:** Parents learn about the nature and extent of the drug problem among teenagers and decide for themselves how they want to prevent problems in their own families.
- **Setting Guidelines: How to Develop Healthy Beliefs and Clear Standards:** Parents develop clear family guidelines and expectations for behavior.
- **Avoiding Trouble: How to Say No to Drugs:** Children and parents are invited to this session. They learn skills that children can use to stay out of trouble and keep their friends, yet still have fun.
- **Managing Conflict: How to Express and Control Your Anger Constructively:** Parents learn to manage family conflict in a way that maintains and strengthens bonds with their children.
- **Involving Everyone: How to Strengthen Family Bonds:** Parents learn ways to strengthen family bonds and increase children's involvement in their family during their teen years. Parents also learn how to create a parent support network.



Who Should Attend?

Guiding Good Choices is for parents of children in grades 4 – 8 who want to strengthen family bonds and reduce the risk factors associated with teen drug use.

Guiding Good Choices Registration Form

Course # 2005 _____ Dates: From _____ To: _____

Location _____ Name _____

Address _____ City _____ State _____ Zip _____

Home Phone _____ - ____ - ____ Work Number _____ - ____ - ____ E-Mail Address _____

Language Interpretation or other Special Needs _____

To Register: 1. Phone Emily Daniel at 301-600-3357, OR 2. Fax Emily Daniel at 301-600-3298
OR 3. Mail completed form to Frederick County Health Dept., Substance Abuse Division
350 Montevue Lane, Frederick, MD 21702